

SADIE FRERICKS

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REAL WORLD EXPERIENCE

Dairy Farmer | 2005 – present

- Blue Diamond Dairy | Melrose, Minn. | 2007 – present
- Salzl Dairy | Melrose, Minn. | 2006 – 2007
- Diamond Willow Dairy | Tamarack, Minn. | 2005 – 2006

Writer | 2003 – present

- Dairy Star | Sauk Centre, Minn. | 2008 – present
- The Voyageur Press of McGregor | McGregor, Minn. | 2003 – 2006

Blogger | 2008 – present

- Dairy Good Life | www.dairygoodlife.com | 2008 – present
 - Hoard's Dairyman | www.hoards.com | 2016 – 2019
 - Land O'Lakes | www.landolakes.com | 2013 – 2017
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OTHER WORK EXPERIENCE

Isanti County Farm Service Agency | Minnesota Department of Agriculture Minnesota State Fair
| Minnesota Senate

COMMUNITY ENGAGEMENT

Cooperative Network Board of Directors | Dairy Girl Network Board of Directors Land O'Lakes
Voting Delegate | Adley Creek 4-H Club Co-Leader

PROFESSIONAL TRAINING

Young Dairy Leaders Institute • National Holstein Foundation • 2015 – 2016
Young Cooperators Program • National Milk Producers Federation • 2009 - 2011

FORMAL EDUCATION

Bachelor of Science in Agricultural Industries & Marketing (*with Distinction*)
University of Minnesota • St. Paul, Minn. • 2003